



## Summer Letter 2011 Modified Field Hockey



Dear Field Hockey player,

I am Coach Carroll the 7, 8, 9 modified field hockey coach. I teach math 8 in Norris Hall. I am looking forward to our season and I hope you are as excited about field hockey as I am. Hopefully, some of you have plans to go to field hockey summer camp. It is a great way to improve your skills, get in shape, and bond with team members.

Tryouts will begin on Thursday, September 1<sup>st</sup> from 10:00 to 12:00. Meet in front of Shaker Junior High and we will walk to our field together. You need eleven practices to play in the first game, so please call me if you must miss practice!! Try-outs will be from 10 – 12 on Thursday, September 1<sup>st</sup> and Friday September 2<sup>nd</sup>, then at 3:30 - 5:30 on Tuesday, September 6<sup>th</sup> to Friday, September 9<sup>th</sup>.

By August 20<sup>th</sup> you need to have returned the re-check card and your physical form. If you are going into ninth grade, return these to the high school health office. If you are going into seventh or eighth grade return them to the junior high nurse.

For tryouts and practices you will need to bring a molded mouthguard (not clear), shin guards, sneakers, cleats, a stick, goggles, lots of water, and a good attitude. Dress appropriately and use sunscreen. If you do not have a stick, shin guards or a mouth guard, the school will provide one. Goalie equipment will also be provided.

You will need to be in good physical shape. Starting June 25, start training two to three times a week. I recommend that you start jogging and sprinting, dribbling, and working on your stick skills. Please come to tryouts in shape! We will be working hard and I expect everyone to be ready!

I am really excited to start the season and to work hard with all of you! We are going to have a great team, and we are going to have a lot of fun!

Sincerely,

Elizabeth Carroll  
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